



RESOURCES

Letter from the Future

“Creating Dreams” (Grant & Greene, 2001)

Using the Letter from the Future

Choose a date in the future – approximately 5-10 years. Imagine that you have travelled in time to this date and you are sitting down writing a letter to your coach (which can be yourself) telling them how great your life is now, and how you’ve managed to get rid of so many of those things that were irritating you.

When you write this letter, rather than focusing on the negative – the things that you want to be rid of – write about what you would like to have happening – focus on the solution, not the mere absence of the problem.

Most importantly, review your values first (core life and work) and write about how your needs and values are being met and expressed and how these are motivating you. You might like to write this in your journal or use a separate piece of paper for your letter from the future.

This letter from the future is a simple and very powerful tool for change. People are amazed at the fabulous results they have achieved using this technique.

Grant, A. M., & Greene, J. (2001). *Coach Yourself: Make real change in your life*. London: Momentum Press.